

Episode 34 – The Four Horsemen



Researcher Dr. John Gottman named “four horsemen of the apocalypse,” which are four behaviors that are especially damaging to our relationships. The four horsemen are:

Criticism, Contempt, Defensiveness, Stonewalling.

Read more about each, including definitions and examples here:

<https://www.gottman.com/blog/the-four-horsemen-recognizing-criticism-contempt-defensiveness-and-stonewalling/>

What to do now that you know about the horsemen:

1. Notice. Become aware of when you’re using a horseman and which one.
2. Recognize that your behavior in that moment may be a response from an earlier time in your life and it is likely coming from a need for self-protection. Be gentle with yourself.
3. Decide to make a new choice. What new thoughts and behaviors would better serve you and your relationship?